



Nutritional Information

Beef Stew with Creamy Mash

Nutrition Facts

Servings: 1

Amount per serving

Calories **556**

% Daily Value*

Total Fat 23.2g **30%**

Saturated Fat 7.1g **35%**

Cholesterol 33mg **11%**

Sodium 2039mg **89%**

Total Carbohydrate **26%**

70.2g

Dietary Fiber 5.7g **20%**

Total Sugars 7.5g

Protein 16.2g

Vitamin D 19mcg **94%**

Calcium 69mg **5%**

Iron 2mg **9%**

Potassium 1083mg **23%**

Chick Pea and Sweet Potato Curry

Nutrition Facts

Servings: 1

Amount per serving

Calories **480**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3.2g **16%**

Cholesterol 0mg **0%**

Sodium 872mg **38%**

Total Carbohydrate **32%**

88.6g

Dietary Fiber 8.2g **29%**

Total Sugars 17.1g

Protein 10.3g

Vitamin D 0mcg **0%**

Calcium 72mg **6%**

Iron 4mg **22%**

Potassium 156mg **3%**

Chicken and Pasta Bake

Nutrition Facts

Servings: 1

Amount per serving

Calories **530**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 70g **25%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Protein 30g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

Chicken Chipotle Sub

Nutrition Facts

Servings: 1

Amount per serving

Calories **515**

% Daily Value*

Total Fat 16g **20%**

Saturated Fat 7.9g **40%**

Cholesterol 110mg **37%**

Sodium 725mg **32%**

Total Carbohydrate 47.7g **17%**

Dietary Fiber 6.1g **22%**

Total Sugars 15g

Protein 51.6g

Vitamin D 3mcg **17%**

Calcium 216mg **17%**

Iron 1mg **7%**

Potassium 224mg **5%**

Chicken Curry Madras with Rice

Nutrition Facts

Servings: 1

Amount per serving

Calories **521**

% Daily Value*

Total Fat 9.6g **12%**

Saturated Fat 0.9g **5%**

Cholesterol 26mg **9%**

Sodium 713mg **31%**

Total Carbohydrate 88.5g **32%**

Dietary Fiber 2.5g **9%**

Total Sugars 3.5g

Protein 17.4g

Vitamin D 0mcg **0%**

Calcium 47mg **4%**

Iron 5mg **30%**

Potassium 334mg **7%**

Chicken Fried Rice

Nutrition Facts

Servings: 1

Amount per serving

Calories **524**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 1.8g **9%**

Cholesterol 98mg **33%**

Sodium 548mg **24%**

Total Carbohydrate 58.6g **21%**

Dietary Fiber 4.8g **17%**

Total Sugars 3.2g

Protein 29.3g

Vitamin D 3mcg **17%**

Calcium 35mg **3%**

Iron 10mg **58%**

Potassium 603mg **13%**

Chicken Skewers

Nutrition Facts

Servings: 1

Amount per serving

Calories **506**

% Daily Value*

Total Fat 4.9g **6%**

Saturated Fat 1.4g **7%**

Cholesterol 108mg **36%**

Sodium 95mg **4%**

Total Carbohydrate 64.1g **23%**

Dietary Fiber 2.3g **8%**

Total Sugars 2.6g

Protein 47g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 15mg **83%**

Potassium 449mg **10%**

Italian Meatballs with Penne Pasta

Nutrition Facts

Servings: 1

Amount per serving

Calories **649**

% Daily Value*

Total Fat 13.2g 17%

Saturated Fat 4.5g 22%

Cholesterol 169mg 56%

Sodium 107mg 5%

Total Carbohydrate 85.1g 31%

Dietary Fiber 2.5g 9%

Total Sugars 0g

Protein 41.2g

Vitamin D 0mcg 0%

Calcium 33mg 3%

Iron 7mg 38%

Potassium 597mg 13%

Lasagne with Garlic Bread

Nutrition Facts

Servings: 1

Amount per serving

Calories **501**

% Daily Value*

Total Fat 23.6g 30%

Saturated Fat 10.5g 52%

Cholesterol 83mg 28%

Sodium 669mg 29%

Total Carbohydrate 45.4g 16%

Dietary Fiber 1.4g 5%

Total Sugars 8.9g

Protein 25.6g

Vitamin D 6mcg 30%

Calcium 203mg 16%

Iron 2mg 12%

Potassium 373mg 8%

Meatballs Marinara Sub

Nutrition Facts

Servings: 1

Amount per serving

Calories **457**

% Daily Value*

Total Fat 14.8g 19%

Saturated Fat 6.3g 32%

Cholesterol 151mg 50%

Sodium 404mg 18%

Total Carbohydrate 24.3g 9%

Dietary Fiber 1.9g 7%

Total Sugars 6.4g

Protein 53.6g

Vitamin D 0mcg 0%

Calcium 59mg 5%

Iron 7mg 37%

Potassium 927mg 20%

Tex-Mex Nachos

Nutrition Facts

Servings: 1

Amount per serving

Calories **553**

% Daily Value*

Total Fat 29.5g 38%

Saturated Fat 8.7g 43%

Cholesterol 87mg 29%

Sodium 414mg 18%

Total Carbohydrate 42.1g 15%

Dietary Fiber 3.4g 12%

Total Sugars 0.7g

Protein 30.7g

Vitamin D 2mcg 8%

Calcium 223mg 17%

Iron 4mg 22%

Potassium 434mg 9%

Mexican Burrito with Potato Cubes

Nutrition Facts

Servings: 1

Amount per serving

Calories 527

% Daily Value*

Total Fat 20.8g	27%
Saturated Fat 8.9g	44%
Cholesterol 48mg	16%
Sodium 1507mg	66%
Total Carbohydrate 71.6g	26%
Dietary Fiber 2.8g	10%
Total Sugars 0.3g	
Protein 22.6g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 5mg	30%
Potassium 1005mg	21%

Mexican Chicken Slider

Nutrition Facts

Servings: 1

Amount per serving

Calories 542

% Daily Value*

Total Fat 15.5g	20%
Saturated Fat 3.5g	17%
Cholesterol 82mg	27%
Sodium 928mg	40%
Total Carbohydrate 70.2g	26%
Dietary Fiber 7.5g	27%
Total Sugars 19.9g	
Protein 41.3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 450mg	10%

Mince Beef and Onion Pie with Potato Cubes

Nutrition Facts

Servings: 1

Amount per serving

Calories 525

% Daily Value*

Total Fat 22.7g	29%
Saturated Fat 5.5g	28%
Cholesterol 76mg	25%
Sodium 733mg	32%
Total Carbohydrate 56.9g	21%
Dietary Fiber 7.1g	25%
Total Sugars 8.2g	
Protein 31.3g	
Vitamin D 0mcg	0%
Calcium 68mg	5%
Iron 5mg	26%
Potassium 1214mg	26%

Pasta Carbonara

Nutrition Facts

Servings: 4

Amount per serving

Calories 518

% Daily Value*

Total Fat 14g	18%
Saturated Fat 3.4g	17%
Cholesterol 164mg	55%
Sodium 389mg	17%
Total Carbohydrate 70.3g	26%
Dietary Fiber 0g	0%
Total Sugars 0.1g	
Protein 26.2g	
Vitamin D 4mcg	19%
Calcium 29mg	2%
Iron 5mg	27%
Potassium 357mg	8%

Peri Piri Chicken Burger with Coleslaw and Potato Cubes

Nutrition Facts

Servings: 1

Amount per serving

Calories 472

% Daily Value*

Total Fat 14g	18%
Saturated Fat 3.9g	20%
Cholesterol 1mg	0%
Sodium 598mg	26%
Total Carbohydrate 62.2g	23%
Dietary Fiber 7.7g	28%
Total Sugars 14.9g	
Protein 37.4g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0mg	3%
Potassium 254mg	5%

Prime Irish Beef Burgers in Pepper Sauce with Vegetables and Mash

Nutrition Facts

Servings: 1

Amount per serving

Calories 528

% Daily Value*

Total Fat 20.5g	26%
Saturated Fat 4.6g	23%
Cholesterol 67mg	22%
Sodium 786mg	34%
Total Carbohydrate 51.9g	19%
Dietary Fiber 7.2g	26%
Total Sugars 5.9g	
Protein 30.6g	
Vitamin D 13mcg	63%
Calcium 75mg	6%
Iron 4mg	21%
Potassium 1138mg	24%

Pulled Pork Sub with Barbeque Sauce

Nutrition Facts

Servings: 1

Amount per serving

Calories 498

% Daily Value*

Total Fat 23.1g	30%
Saturated Fat 8g	40%
Cholesterol 100mg	33%
Sodium 870mg	38%
Total Carbohydrate 40g	15%
Dietary Fiber 3.2g	11%
Total Sugars 12.2g	
Protein 31.4g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 2mg	8%
Potassium 352mg	7%

Roasted Vegetables Biryani

Nutrition Facts

Servings: 3

Amount per serving

Calories 380

% Daily Value*

Total Fat 1.8g	2%
Saturated Fat 0.5g	3%
Cholesterol 2mg	1%
Sodium 52mg	2%
Total Carbohydrate 77.7g	28%
Dietary Fiber 6.9g	24%
Total Sugars 9g	
Protein 11.7g	
Vitamin D 0mcg	0%
Calcium 122mg	9%
Iron 4mg	22%
Potassium 683mg	15%

Sausage, Mash and Beans

Nutrition Facts

Servings: 1

Amount per serving

Calories **555**

% Daily Value*

Total Fat 17.2g **22%**

Saturated Fat 5.4g **27%**

Cholesterol 24mg **8%**

Sodium 1614mg **70%**

Total Carbohydrate 81.5g **30%**

Dietary Fiber 10.2g **36%**

Total Sugars 25g

Protein 17.2g

Vitamin D 13mcg **63%**

Calcium 200mg **15%**

Iron 6mg **35%**

Potassium 765mg **16%**

Seasonal Vegetable Pasta with Pesto

Nutrition Facts

Servings: 1

Amount per serving

Calories **430**

% Daily Value*

Total Fat 9.5g **12%**

Saturated Fat 1.7g **9%**

Cholesterol 79mg **26%**

Sodium 147mg **6%**

Total Carbohydrate 69.8g **25%**

Dietary Fiber 4.3g **15%**

Total Sugars 3.9g

Protein 15.9g

Vitamin D 0mcg **0%**

Calcium 90mg **7%**

Iron 3mg **19%**

Potassium 209mg **4%**

Southern Fried Chicken with Potato Cubes and Peas

Nutrition Facts

Servings: 1

Amount per serving

Calories **480**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 6g **30%**

Cholesterol 44mg **15%**

Sodium 1109mg **48%**

Total Carbohydrate 63.1g **23%**

Dietary Fiber 6.1g **22%**

Total Sugars 3.7g

Protein 18.5g

Vitamin D 0mcg **0%**

Calcium 27mg **2%**

Iron 3mg **14%**

Potassium 765mg **16%**

Spaghetti Bolognese

Nutrition Facts

Servings: 4

Amount per serving

Calories **493**

% Daily Value*

Total Fat 22.1g **28%**

Saturated Fat 8.3g **42%**

Cholesterol 137mg **46%**

Sodium 150mg **7%**

Total Carbohydrate 14.6g **5%**

Dietary Fiber 2.9g **10%**

Total Sugars 3g

Protein 57.1g

Vitamin D 0mcg **0%**

Calcium 34mg **3%**

Iron 6mg **31%**

Potassium 884mg **19%**

Spicy Chicken Box

Nutrition Facts

Servings: 1

Amount per serving

Calories 497

% Daily Value*

Total Fat 17.9g	23%
Saturated Fat 5.3g	26%
Cholesterol 90mg	30%
Sodium 1251mg	54%
Total Carbohydrate 47.9g	17%
Dietary Fiber 5.8g	21%
Total Sugars 4.7g	
Protein 37g	
Vitamin D 0mcg	0%
Calcium 7mg	1%
Iron 1mg	6%
Potassium 82mg	2%

Sweet and Sour Chicken with Rice

Nutrition Facts

Servings: 1

Amount per serving

Calories 529

% Daily Value*

Total Fat 4.8g	6%
Saturated Fat 1.3g	7%
Cholesterol 108mg	36%
Sodium 220mg	10%
Total Carbohydrate 69.3g	25%
Dietary Fiber 1.1g	4%
Total Sugars 16.1g	
Protein 45.6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 13mg	73%
Potassium 364mg	8%

Sweet Chili Chicken Noodles

Nutrition Facts

Servings: 1

Amount per serving

Calories 511

% Daily Value*

Total Fat 9.6g	12%
Saturated Fat 1.7g	9%
Cholesterol 66mg	22%
Sodium 442mg	19%
Total Carbohydrate 82.2g	30%
Dietary Fiber 5.4g	19%
Total Sugars 12.1g	
Protein 23.9g	
Vitamin D 0mcg	0%
Calcium 59mg	5%
Iron 3mg	19%
Potassium 336mg	7%

Taco Wedges

Nutrition Facts

Servings: 1

Amount per serving

Calories 578

% Daily Value*

Total Fat 27.4g	35%
Saturated Fat 7.1g	35%
Cholesterol 113mg	38%
Sodium 1061mg	46%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 0g	
Protein 40.3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 5mg	30%
Potassium 552mg	12%

Vegan Sausage with Mash and Carrots

Nutrition Facts

Servings: 1

Amount per serving

Calories 442

% Daily Value*

Total Fat 8.8g 11%

Saturated Fat 2g 10%

Cholesterol 2mg 1%

Sodium 1671mg 73%

Total Carbohydrate 62.5g 23%

Dietary Fiber 13.7g 49%

Total Sugars 7.5g

Protein 25.6g

Vitamin D 13mcg 63%

Calcium 186mg 14%

Iron 4mg 22%

Potassium 2204mg 47%

Vegetable Soup

Nutrition Facts

Servings: 3

Amount per serving

Calories 113

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.7g 3%

Cholesterol 0mg 0%

Sodium 269mg 12%

Total Carbohydrate 16g 6%

Dietary Fiber 3.9g 14%

Total Sugars 7.1g

Protein 2.2g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 2mg 8%

Potassium 376mg 8%

Vegetarian Lasagne

Nutrition Facts

Servings: 6

Amount per serving

Calories 505

% Daily Value*

Total Fat 36.6g 47%

Saturated Fat 15.8g 79%

Cholesterol 76mg 25%

Sodium 291mg 13%

Total Carbohydrate 32.4g 12%

Dietary Fiber 4.7g 17%

Total Sugars 10.1g

Protein 12.9g

Vitamin D 11mcg 56%

Calcium 258mg 20%

Iron 0mg 3%

Potassium 402mg 9%

Vegetarian Stir Fried Rice

Nutrition Facts

Servings: 1

Amount per serving

Calories 519

% Daily Value*

Total Fat 14.1g 18%

Saturated Fat 1.9g 9%

Cholesterol 0mg 0%

Sodium 475mg 21%

Total Carbohydrate 93.1g 34%

Dietary Fiber 6.8g 24%

Total Sugars 16.9g

Protein 7.7g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 3mg 18%

Potassium 767mg 16%

Mexican Beef Loaded Wedges

Nutrition Facts

Servings: 1

Amount per serving

Calories 434

% Daily Value*

Total Fat 9.7g	12%
Saturated Fat 4.4g	22%
Cholesterol 113mg	38%
Sodium 741mg	32%
Total Carbohydrate 41.8g	15%
Dietary Fiber 4.5g	16%
Total Sugars 2g	
Protein 41.6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 6mg	33%
Potassium 1618mg	34%

Ham and Pepperoni Melt

Nutrition Facts

Servings: 1

Amount per serving

Calories 560

% Daily Value*

Total Fat 22.7g	29%
Saturated Fat 9.9g	50%
Cholesterol 76mg	25%
Sodium 1992mg	87%
Total Carbohydrate 58.6g	21%
Dietary Fiber 4.4g	16%
Total Sugars 7.1g	
Protein 29.8g	
Vitamin D 3mcg	17%
Calcium 433mg	33%
Iron 4mg	23%
Potassium 221mg	5%

Beef Enchiladas

Nutrition Facts

Servings: 1

Amount per serving

Calories 603

% Daily Value*

Total Fat 25.8g	33%
Saturated Fat 12.8g	64%
Cholesterol 181mg	60%
Sodium 1262mg	55%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 1.2g	
Protein 61.5g	
Vitamin D 3mcg	17%
Calcium 297mg	23%
Iron 7mg	40%
Potassium 915mg	19%

A Taste Of Italy

Nutrition Facts

Servings: 1

Amount per serving

Calories 492

% Daily Value*

Total Fat 16.2g	21%
Saturated Fat 0.9g	4%
Cholesterol 16mg	5%
Sodium 1166mg	51%
Total Carbohydrate 66g	24%
Dietary Fiber 8.8g	31%
Total Sugars 5.4g	
Protein 13.8g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	13%
Potassium 1117mg	24%

Chickpea and Butternut Squash Ragout

Nutrition Facts

Servings: 1

Amount per serving

Calories 393

% Daily Value*

Total Fat 1.6g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 33mg	1%
Total Carbohydrate 87.2g	32%
Dietary Fiber 13.6g	49%
Total Sugars 13.4g	
Protein 12.3g	
Vitamin D 65mcg	324%
Calcium 106mg	8%
Iron 5mg	29%
Potassium 2217mg	47%

Baked Potato with Beef

Nutrition Facts

Servings: 1

Amount per serving

Calories 606

% Daily Value*

Total Fat 13.3g	17%
Saturated Fat 6g	30%
Cholesterol 151mg	50%
Sodium 874mg	38%
Total Carbohydrate 63.2g	23%
Dietary Fiber 6.6g	24%
Total Sugars 3.5g	
Protein 57.1g	
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 9mg	48%
Potassium 2380mg	51%

Beef Burger Stack

Nutrition Facts

Servings: 1

Amount per serving

Calories 608

% Daily Value*

Total Fat 26.8g	34%
Saturated Fat 10g	50%
Cholesterol 2mg	1%
Sodium 701mg	30%
Total Carbohydrate 66.5g	24%
Dietary Fiber 4.6g	16%
Total Sugars 3.1g	
Protein 27.7g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 1mg	7%
Potassium 469mg	10%

Vegan Apple and Mango Curry

Nutrition Facts

Servings: 1

Amount per serving

Calories 537

% Daily Value*

Total Fat 1.9g	2%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 121.9g	44%
Dietary Fiber 6.6g	24%
Total Sugars 34.8g	
Protein 9.3g	
Vitamin D 0mcg	0

Pasta Pomodora

Nutrition Facts

Servings: 1

Amount per serving

Calories **544**

% Daily Value*

Total Fat 16.8g	22%
Saturated Fat 4.4g	22%
Cholesterol 13mg	4%
Sodium 2563mg	111%
Total Carbohydrate 86g	31%
Dietary Fiber 16.3g	58%
Total Sugars 55.3g	
Protein 11.1g	
Vitamin D 0mcg	0%
Calcium 138mg	11%
Iron 5mg	25%
Potassium 1975mg	42%

Roast Turkey Lunch

Nutrition Facts

Servings: 1

Amount per serving

Calories **472**

% Daily Value*

Total Fat 19.9g	25%
Saturated Fat 9.1g	46%
Cholesterol 49mg	16%
Sodium 1724mg	75%
Total Carbohydrate 50g	18%
Dietary Fiber 5.2g	
Total Sugars 4.6g	
Protein 23.9g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	12%
Potassium 289mg	6%

Shredded Chicken Sweet/Sour with Noodles

Nutrition Facts

Servings: 1

Amount per serving

Calories **521**

% Daily Value*

Total Fat 8.3g	11%
Saturated Fat 2.7g	13%
Cholesterol 116mg	39%
Sodium 928mg	40%
Total Carbohydrate 88.2g	32%
Dietary Fiber 1.9g	7%
Total Sugars 42.7g	
Protein 21.3g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron 2mg	9%
Potassium 361mg	8%

Vegan Chilli Burrito Bowl with Rice

Nutrition Facts

Servings: 1

Amount per serving

Calories **525**

% Daily Value*

Total Fat 12g	15%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 1208mg	53%
Total Carbohydrate 90g	33%
Dietary Fiber 9g	32%
Total Sugars 4.5g	
Protein 15g	
Vitamin D 0mcg	0%
Calcium 188mg	14%
Iron 11mg	60%
Potassium 0mg	0%

Chicken Enchiladas

Nutrition Facts

Servings: 1

Amount per serving

Calories 418

% Daily Value*

Total Fat 15.8g 20%

Saturated Fat 7.7g 39%

Cholesterol 103mg 34%

Sodium 1178mg 51%

Total Carbohydrate 28g 10%

Dietary Fiber 1g 4%

Total Sugars 1.2g

Protein 39.4g

Vitamin D 3mcg 17%

Calcium 294mg 23%

Iron 2mg 14%

Potassium 312mg 7%

All Day Breakfast Sub

Nutrition Facts

Servings: 1

Amount per serving

Calories 420

% Daily Value*

Total Fat 17.2g 22%

Saturated Fat 5g 25%

Cholesterol 43mg 14%

Sodium 1116mg 49%

Total Carbohydrate 44.6g 16%

Dietary Fiber 2.1g 7%

Total Sugars 2g

Protein 21.2g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 1mg 3%

Potassium 184mg 4%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Vegan Pasta Primavera

Nutrition Facts

Serving size: 250g

Servings: 1

Amount per serving

Calories 455

% Daily Value*

Total Fat 4.2g 5%

Saturated Fat 0.9g 4%

Cholesterol 114mg 38%

Sodium 36mg 2%

Total Carbohydrate 85.6g 31%

Dietary Fiber 0.2g 1%

Total Sugars 0g

Protein 17.7g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 4mg 22%

Potassium 90mg 2%

Savoury Beef Cannelloni

Nutrition Facts

Servings: 1

Amount per serving

Calories 442

% Daily Value*

Total Fat 20.4g 26%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 40.8g 15%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 17g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

Baked Ham Lunch

Nutrition Facts

Servings: 1

Amount per serving

Calories **509**

% Daily Value*

Total Fat 6g	8%
Saturated Fat 2.1g	11%
Cholesterol 34mg	11%
Sodium 2009mg	87%
Total Carbohydrate 91.1g	33%
Dietary Fiber 20g	71%
Total Sugars 5.8g	
Protein 25.3g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 5mg	30%
Potassium 2335mg	50%

Chicken and Pepperoni Pie

Nutrition Facts

Servings: 1

Amount per serving

Calories **534**

% Daily Value*

Total Fat 24.4g	31%
Saturated Fat 7.2g	36%
Cholesterol 26mg	9%
Sodium 866mg	38%
Total Carbohydrate 58.8g	21%
Dietary Fiber 6.2g	22%
Total Sugars 4.1g	
Protein 19.8g	
Vitamin D 2mcg	11%
Calcium 25mg	2%
Iron 2mg	8%
Potassium 937mg	20%

Pepperoni Sub

Nutrition Facts

Servings: 1

Amount per serving

Calories **499**

% Daily Value*

Total Fat 25.5g	33%
Saturated Fat 0g	0%
Cholesterol 77mg	26%
Sodium 1655mg	72%
Total Carbohydrate 34g	12%
Dietary Fiber 2.7g	10%
Total Sugars 2g	
Protein 32g	
Vitamin D 0mcg	0%
Calcium 560mg	43%
Iron 3mg	18%
Potassium 0mg	0%

Asian Chicken Wrap

Nutrition Facts

Servings: 1

Amount per serving

Calories **538**

% Daily Value*

Total Fat 11g	14%
Saturated Fat 2g	10%
Cholesterol 51mg	17%
Sodium 2269mg	99%
Total Carbohydrate 81g	29%
Dietary Fiber 4g	14%
Total Sugars 26g	
Protein 30g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Medallions of Pork with Onion Rings, gravy and Potatoes

Nutrition Facts

Servings: 1
Amount per serving

Calories 524

% Daily Value*	
Total Fat 14.1g	18%
Saturated Fat 5.3g	27%
Cholesterol 145mg	48%
Sodium 489mg	21%
Total Carbohydrate 39.8g	14%
Dietary Fiber 3.9g	14%
Total Sugars 1.4g	
Protein 56.1g	
Vitamin D 0mcg	0%
Calcium 41mg	3%
Iron 3mg	18%
Potassium 786mg	17%

Chicken Tenders with Potato Cubes and Baked Beans

Nutrition Facts

Servings: 1
Amount per serving

Calories 392

% Daily Value*	
Total Fat 14.1g	18%
Saturated Fat 4.8g	27%
Cholesterol 94mg	48%
Sodium 489mg	21%
Total Carbohydrate 29.6g	14%
Dietary Fiber 6.7g	14%
Total Sugars 0.4g	
Protein 56.1g	
Vitamin D 0mcg	0%
Calcium 41mg	3%
Iron 3mg	18%
Potassium 786mg	17%

Chicken Tenders with Potato Cubes and Selection Of Fresh Vegetables

Nutrition Facts

Servings: 1
Amount per serving

Calories 345

% Daily Value*	
Total Fat 7.2g	18%
Saturated Fat 2.3g	27%
Cholesterol .5mg	48%
Sodium 462mg	21%
Total Carbohydrate 41.3g	14%
Dietary Fiber 7.3g	14%
Total Sugars 0g	
Protein 32.1g	
Vitamin D 0mcg	0%
Calcium 61mg	3%
Iron 3mg	18%
Potassium 786mg	17%

Fish Fingers With Baked Beans and Oven Baked Potato Cubes

Nutrition Facts

Servings: 1
Amount per serving

Calories 395

% Daily Value*	
Total Fat 14.1g	18%
Saturated Fat 5.3g	27%
Cholesterol 145mg	48%
Sodium 489mg	21%
Total Carbohydrate 39.8g	14%
Dietary Fiber 3.9g	14%
Total Sugars 1.4g	
Protein 56.1g	
Vitamin D 0mcg	0%
Calcium 41mg	3%
Iron 3mg	18%
Potassium 786mg	17%

**Fish fingers with fresh vegetables and
oven baked potato cubes**

Nutrition Facts

Servings: 1

Amount per serving

Calories 485

% Daily Value*

Total Fat 16.1g 18%

Saturated Fat 4.3g 27%

Cholesterol 127mg 46%

Sodium 387mg 20%

Total Carbohydrate 39.8g 14%

Dietary Fiber 3.9g 14%

Total Sugars 1.4g

Protein 56.1g

Vitamin D 0mcg 0%

Calcium 41mg 3%

Iron 3mg 18%

Potassium 786mg 17%



